Chapter 9

COUNSELING TEENAGERS

WHAT TO DO A CHILD/TEEN CALLS ABOUT VIOLENCE IN THE HOME

- Listen
- Be supportive and understanding
- Discuss his/her feelings (anger, guilt, fear, confusion, etc.) regarding his/herself and his/her parents. Let him/her know it's OK to feel that way.

ASK:

- "Can you get to a safe place?" Neighbors, relatives or friends house and stay overnight?
- "Can you call a support person like a relative or neighbor?
- “Do you need to call the police?”
- "Can you talk to someone at school?"--school counselor (guidance), teacher, school nurse, principal

EMPHASIZE:

- It's not their fault.
- The responsibility for the abuse lies with the batterer.
- You are not responsible for the safety of adults
- You have the right to be safe--to take care of yourself, to get to a safe place and to talk to someone (preferably an adult) you trust.

Reinforce

The Women's Center is mandated by law to report physical or sexual abuse. If he/she discloses you are required to call Child line at 1-800-932-0313. Children/teens can also talk with their parents about how they feel. They can let their mothers/fathers know they are afraid for them. They can explain they are afraid for themselves and siblings. They can express their fears about the batterer and mention or discuss the option of going to the shelter for safety.

- ✓ Help them to see positive things about themselves to enhance their self-concept.
- ✓ Realize that he/she may have low/poor self-esteem.
- ✓ Remind them how brave they were to call the hotline for help.

Encourage return calls:

- Let them know you care about them
- You want to know how they are doing
- They may call anytime 24-hour hotline

The Women's Center, Inc. of Columbia/Montour Counties
570-784-6631
1-800-544-8293

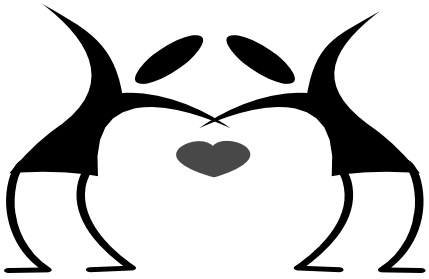
COUNSELING VICTIMS OF DATING VIOLENCE

ATTENTION:

Dating violence may be defined as the perpetration or threat of an act of violence by at least one member of an unmarried couple on the other member within the context of dating or courtship. This violence encompasses any form of sexual assault, physical violence and verbal or emotional abuse. It can happen in any type of relationship heterosexual or gay, lesbian. Statistics show that more violent acts are reported against women by men. However it can happen whenever one person attempts to control another.

Studies suggest that both male and females inflict and receive dating violence in equal proportion. But the motivation for violence by women is for defensive purposes. Other studies have found that women and girls were victims of dating violence twice as often as men and boys. Females suffer significantly more injuries than males.

Some Specific Issues relating to Teens.



- **Help the teen not feel isolated**
  - Encourage her/him to keep communication open with family and friends. Help identify support people such as friends, teachers, coaches, school counselor, school nurse or clergy
- **Let the teen know of the option to involve police and take legal action**
- **There may be domestic violence issues at home**
- **The teen may be a sexual assault victim at home**
- **Things may be more important for him/her than they seem to you.**
  - Example: A date for the prom or first sexual partner

- **This may be the first person that has shown the teen attention**

- **The teen may see jealousy as a form of love and not a form of control**

- **The teen might not consider pushing, shoving or slapping as abuse**

- **Help the teen to see what constitutes a positive relationship**

- **The teen may be viewing the relationship based on gender stereotypes**

- **The teen may have self-esteem issues.**
  - Help the teen see positive things about themselves to enhance self-concept

- **The teen may want to be "in" with a certain peer group and feels any type of relationship with a member of that group is worth it**

- **The teen's parents may have forbidden dating the person but he/she has done it anyway**

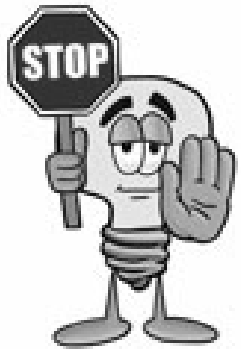
- **The teen's parents may think this is a perfect match.**
  - They may be friends with the other person's family. The teen may be reluctant to tell about the abusive behavior

A Twisted Love Poem
By Judy Terando

He didn't like the way I walked.
He didn't like the way I talked.
He said I was dumb and embarrassed him.
Who am I? Why am I grim?
I didn't flirt with that dude.
Am I vulgar and crude?
What's wrong with the way I dress?
My hair, make-up? Do I really look a mess?
If I need to change all that's wrong with me,
Who am I? What will I be?
The silent treatment-he's in control.
I'm so sad. Why don't I feel whole?
I must've done something wrong to him.
Who am I? Why so grim?
I can't remember happy days…
Only his possessive, jealous ways.
First a push, a little shove…
Is this it? Is this love?
I thought it was true…
People who love you don't hit you.
Not once or twice, not one little bit.
If I should change all that's wrong, you see,
There'd be nothing left of me.
I'm better now. I dumped the jerk.
I'm starting to regain my former perk.
I can laugh again and enjoy my life.
It's much easier without all that strife.
If he doesn't make you feel good about who you are.
Run. Run. Run so very far.

Dating Violence Quiz

1. ____ Abuse is the use of violence in order to control another person.
2. ____ A women is battered every 9 seconds in the U.S.
3. ____ Teen who stay with an abuser think that the abuser needs there help or will change.
4. ____Women like to be roughed up a little.
5. ____Men can't help their aggressive natures.
6. ____Women provoke men to hurt them.
7. ____Men are never the victims of physical or sexual abuse.
8. ____Once the couple gets married the abuse will stop.
9. ____Often teens blame themselves for being a victim of abuse.
10. ____If a guy spends money on you you're obligated to have sex with him.
11. ____It's okay for your partner to call and check up on you frequently.
12. ____Dating violence happens in all relationships at one time or another.
13. ____Sexual desires are a natural part of who you are.
14. ____Jealousy is a normal part of a relationship.
15. ____Alcohol and drug use are valid excuses for violence.
16. ____40% of teenage girls ages 14-17 say they know someone their age who has been hit by a boyfriend.
17. ____20% of teenage boys ages 14-17 say they know someone their age who has been hit by a girlfriend.
18. ____If your girlfriend hits you first it is ok to defend yourself.
19. ____Emotional abuse is not as harmful as physical abuse.
20. ____Name calling is not abuse.



DATING VIOLENCE WARNING SIGNS

Sweeping you off your feet.
Declaring love immediately.
Does not want to share you with anyone including friends and family.
Can even be jealous of attention given to pets.
Expects you to be with them every minute of free time.
Keeps track of where you are and whom you are with
Tells you what to wear
Picks your friends
Isolating you from family and friends
Intimidation
Humiliation
Stalking
Rumors
Blocking exit
Erratic driving
Playing with weapons in your presence
Keeps you from getting a job
Threatens to commit suicide
Punching walls
Breaking your personal belongings
Yelling
Name – Calling
Insults
Throws things
Slams the door
Threatens your pets
Pinching, pushing, spanking
Insisting on any kind of unwanted sexual activity
Refusal to use birth control
Blaming you
Threats
Put-downs
Slapping
Jealousy
Possessiveness

CONTROLLING BEHAVIORS

Do any of these examples describe your partner's behavior? If the answer is "yes" you could be in a potentially dangerous relationship. Remember your rights.

- ✓ **Won't take "NO" for an answer.**
- ✓ **Insults you, makes fun of you or puts you down, even if "only teasing"; may try to embarrass you in front of others**
- ✓ **Sees self as superior to you, either because they are older, feel smarter or feel socially superior.**
- ✓ **Acts in an intimidating way toward you: staring at you, blocking your way, touching you even though you say not to or even though you say not to or even though you don't feel you know each other well enough.**
- ✓ **Becomes excessively jealous or possessive for no reason; tries to isolate you from your friends.**
- ✓ **Insists on knowing where you have been and who you have been with; may follow you around.**
- ✓ **Tells you how you should dress r behave; may criticize you until you do things his way.**
- ✓ **Speaks negatively about people in general, believes in traditional family stereotypes; doesn't see people as individuals.**
- ✓ **Becomes sulky or angry when you initiate an activity or idea.**
- ✓ **Refuses to let you pay your own way or becomes angry when you do.**
- ✓ **Becomes hostile or tries to make you feel guilty or "uncool" when you say no to drugs, alcohol, sex, or refuse to go to an isolated place.**
- ✓ **Cannot handle sexual or emotional frustrations without becoming angry.**
- ✓ **Acts cruel toward animals, children, or other people they know can be bullied.**
- ✓ **Is physically violent toward you or others, even if the violence is "only" grabbing, pushing, ect.**
- ✓ **Is fascinated by weapons.**

--Adapted from I Never Called It Rape, Warshaw--

Rights in a Relationship
You have the right to:

Be able to choose whom you date
Be able to end a date at any time
Be able to decide how serious you want the relationship to be
Be able to say "NO" to anything
Be able to change your mind
Be in control of what you do with your body
Be treated with respect and courtesy
Be treated fairly and honestly
Be safe and feel safe
Be free of violence or threats of violence
Be free from pressure
Be treated as an equal
Be able to share in decision-making
Be able to share expenses
Be able to voice your opinion
Be able to socialize and maintain friendships be yourself
Be able to break up without fear from expected paybacks

WHERE DOES IT HAPPEN?

Dating violence can occur anywhere. It can happen in public or private place such as school, in the halls, on the bus, in the parking lot, in a classroom, at the workplace, at dances, at home. It can happen when the couple is alone or it can happen in front of others. It can happen in heterosexual or gay, lesbian relationships.

WHY DOES IT HAPPEN?

Teen dating violence mirrors adult domestic violence in terms that it continues the use of controlling behaviors. Some view dating violence as a stage in the intergenerational cycle of violence linking witnessing, or experiencing violence during childhood to perpetrating or experiencing intimate violence in adulthood. Teen violence is influenced by how teenagers look at themselves and others.

Teens may believe any or all of the following:

They have the right to "control" their partner in any way necessary.

- "Masculinity" is physical aggressiveness
- They "possess" their partners
- They should demand intimacy
- They are responsible for solving problems in their relationship
- Their partner's jealousy, possessiveness and physical abuse is "romantic"
- Abuse is "normal" because their friends are also being abused
- There is no one to ask for help

WHAT IS SEXUALLY HARASSING BEHAVIOR?

Sexual harassment refers not to a mutual attraction or flirtation but to any repeated and unwanted sexual advance. This can range from looks, jokes, innuendoes, verbal offers or threats, to actual physical contact or coercion at the workplace or school.

It may be implied, requested or demanded. It may come from a direct confrontation or from the persistent undertone that defines the workplace or school.

Sexual harassment is being judged by your looks, body or compliance rather than by ability, experience or job performance when seeking a job, promotion or raise. It means that job security is dependent on whether or how one responds to sexual overtures.

The result of sexual harassment is the worker feels uncomfortable. Sexual harassment creates a psychologically stressful atmosphere. It can interfere with performance at work or school.

EXAMPLES

The following are some examples of inappropriate behavior for workplace or school. When sexual harassment occurs there is usually an imbalance of power and a need for control over another person.

1. Making suggestive or sexual gestures including jokes, comments, looks, or innuendos.
2. Displaying photographs or drawings sexual in nature. Sending Email or notes, writing sexual graffiti.
3. Touching, pinching, grabbing at body parts.
4. Invading an individual's personal space by talking to closely or cornering them.
5. Staring, leering – looking at breasts, buttocks or other body parts.
6. Referring to someone's sexuality. Asking others about one's sexuality.
7. Spreading rumors about sexuality, or making sexual propositions in exchange for favors.
8. Equating an unrequired activity with employment or grades. If you do "X" (go on a date, have sex, not tell on me for making advances on you) for me, I will do "Y"(give you a raise, a good grade, not spread derogatory rumors) for you. This is referred to as "QUID PRO QUO" which means "one thing in exchange for another."
9. Not complying with pleas to stop performing inappropriate behavior.

Any behavior that creates an uncomfortable work or Academic environment. It can be verbal or non verbal.